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The Topper (March 2011)

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THE TOPPER

VETERANS' HEALTH CARE IN BOWLING GREEN

We at VUB are constantly surprised at the number of other vets we meet that are unaware of the veterans' health care available to them in Bowling Green. The VA provides a standard enhanced health benefits plan available to all enrolled veterans. The plan emphasizes preventive and primary care, and offers a full range of outpatient and inpatient services within the VA health care system.

The local VA health care facility in Bowling Green is Corpcare, located on Wilkinson Trace.

Don't procrastinate in making an application to the VA health care system. Veterans can go to the local American Legion on Thursdays between 10:00am and 1:00pm to receive assistance with the application process. If possible, have a copy of your DD214. The American Legion is located at 208 Dishman Lane only a short distance off Russellville Rd.

Corpcare is contracted by the VA to provide primary care services to veterans enrolled in the system. New applicants must make an appointment with a Primary Care facility such as Corpcare and the scheduled evaluation will take place as soon as one

becomes available. Due to the number of veterans now enrolling in the system, this wait could be 12 to 18 months. Applicants with a service-connected disability or who are 50% service-connected or higher and need care for any condition will be provided with priority access—usually within 30 days of a desired scheduling date.

Items to know about veteran's eligibility:

- Benefits are based solely on active military service in the Army, Navy, Air Force, Marines, or Coast Guard (or Merchant Marines during WWII), and discharged under other than dishonorable conditions.
- Reservists and National Guard members who were called to active duty by a Federal Executive Order may

combat operations have special eligibility for two years following discharge from active duty.

- Health care eligibility is not just for those who served in combat.
- Veterans' health care is not just for service-connected injuries or medical conditions.
- Veterans' health care facilities are not just for men only. VA offers full-service health care to women vets.

VA's medical benefits package provides the following health care services to all enrolled veterans:

Preventive Care Services

- Immunizations
- Physical Examinations
- Health Care Assessments
- Screening Tests
- Health Education Programs

Outpatient Diagnostic and Treatment

- Emergency Outpatient Care in VA facilities
- Medical
- Surgical
- Chiropractic Care
- Mental Health
- Substance Abuse

Continued on page 2



Bowling Green's VA Primary Care facility, **Corpcare**, 1110 Wilkinson Trace.

qualify for VA health care benefits. Returning service members who served on active duty in a theater of

Awards Banquet

Mark your calendars now. The Awards Banquet will be held May 6th at 6:00p.m. at the Carroll Kniceley Conference Center at WKU's South Campus. This event is held each year for current participants and alumni who have completed postsecondary school in the past year.

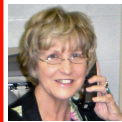
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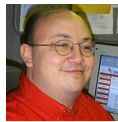
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Inpatient Diagnostic and Treatment

- Emergency Inpatient Care in VA facilities
- Medical
- Surgical
- Mental Health
- Substance

Medications and Supplies

- Prescription Medications
- Over the Counter Medications

With today's soaring health costs, it is comforting to know that veterans have an alternate source for receiving quality health care. Any services that the Primary Care facility in Bowling Green can not provide is accomplished by a referral to the VA campus in Nashville at Vanderbilt University.

The sooner you can become a participant the sooner you can benefit from health care services that you have rightfully earned as a veteran in service to your country.

Financial Aid

Remember that financial aid monies are limited, so it's important to file early to ensure that you are considered for all possible aid. According to the FAFSA website, the priority deadline for Federal aid is **June 30**, by midnight CST. While that doesn't mean that you absolutely can't get any money if you file after that deadline, it does mean that your chances will be less if you file late. So file early to get all the money you need for school.



New VUB Grant

VUB will be writing a new five year grant this fall. Competition is on a national basis and becoming increasingly stiffer. With this increasing difficulty in maintaining the money to keep our program running, it becomes even more important that VUB participants take the post-test assessment before leaving the program.

In the past few years, students have been skipping the post-test. This assessment helps us determine whether our students have made academic improvement. Post-testing should take less than an hour so please do not fail to do so. Schedule a time with the counselor when you are ready to leave. Please help us stay funded by not skipping this very important post-test.

Another vital means of assisting VUB is word-of-mouth. Please refer any other veterans that you know to our program. You can help us in serving the number of veterans required by the U.S. Department of Education. Ask our instructors for brochures that can be handed out to friends and family. Help save the program for future veterans.

Selecting a Career Goal

Everyone plans—for the day, for future events, to reach goals. "Career Planning" means using a few specific strategies to guide your career development. We most often think of the word "career" as referring to a single job or work role. "Career" can also mean all of the occupations, activities, and responsibilities in your life that are part of the world of work. Development refers to the changes and growth within you that prepares you for a fulfilling work

role. Career planning involves choices about a work role based on your own strengths, skills, and abilities.

- **Know Yourself!** Your life experiences and the people who have been a part of your life have contributed to a unique outcome—the one and only you! No one else is a duplicate of your special talents and abilities. In order to take advantage of your particular gifts, you must identify and examine your best physical, mental, and emotional traits and skills. You should also identify your weaknesses. This is called self-assessment. It is not an easy process and you may need to enlist the help of others, such as counselors at Veterans Upward Bound. Once you know your strengths and weaknesses, you can identify actions to enhance your strengths and shore up your weaknesses.

- **Identify Your Personal Goals.** Think about and identify what is most important to you related to the world of work. Consider such things as job satisfaction, material benefits, and the effects of work on family and personal relationships. Consider that women in today's world are very likely to have dual careers as homemakers/caregivers and as members of the work force. Men are likely to hold several different work roles throughout their lifetimes.

- **Study Your Choices.** Study books, pamphlets, and other written materials that are available. You can talk with someone who is actually doing the job you are considering, but remember that their opinions are given on the basis of their perceptions and that you may have a different reaction. You can

The Director's Desk

find out how much education and training is required for each type of occupation that interests you. Use audiovisual sources such as videotapes to expand your knowledge of occupations.

- **Think About Your Decisions.** Practice good decision making first; don't assume that there is only one right job for you. Second, consider the smaller, more manageable decisions that lead eventually to the choice of a particular career. If you can attend a local school that prepares you for work, you may make a different choice than if you must travel to another city. If you think you may need to relocate to find work, this decision may be linked to your final career choice. Such smaller decisions add up to a final career choice or to a change, after getting more information and perhaps some direct experience.
- **Get Assistance.** Make use of those who have an interest in you and your career, such as the staff in the Veterans Upward Bound program. If needed, seek referrals.

(The preceding article was adapted from an article in the UT-Knoxville VUB's Veterans' Pre-College Program Advocate)



Martha R. Kenney
Director

In mid-September, our previous director left VUB. On October 1, 2010, I assumed the duties and responsibilities of guiding the VUB program at WKU.

With the cooperative teamwork of our entire staff, we have managed to keep the program viable, despite some daunting odds!

THANK YOU to Dr. Ellen Bonaguro, Bertha, Davy, and David for all their support and help during this transition—I couldn't have done it without you! Thanks especially to Mike Johnson, Chris George, and Rita Meredith for helping VUB find a new Counselor/Coordinator, Rick Wright. So welcome, Rick, to the team at WKU's VUB.

Rick Wright of Portland, Maine recently joined the VUB staff as a coordinator. Wright has 25 years of experience as a college administrator.

Previously, Wright worked at the University of Southern Mississippi, Southern Maine Community College, and the University of Southern Maine.

He has worked in many different areas of student personnel including: student affairs, continuing education, career services, academic advising, and veterans services.



Rick Wright

For Wright, this appointment represents a homecoming. He graduated from WKU in 1982 with an MA degree in communication. Wright also worked at WKU as the Assistant for Fraternity Affairs from 1980-1982.

"It's great to be back in Bowling Green," Wright said. "I look forward to helping veterans in south central Kentucky get into colleges and vocational schools."

Notes and News

Scholarships

It is time for participants and alumni who will be in school this coming fall to apply for the VUB scholarship. Contact the VUB office right away. **The deadline for the completed scholarship materials to be in our hands is April 29, 2009.**

In addition, some of you may have the opportunity to be nominated for state, regional, and national scholarships. When the staff members contact you, please accept their advice. You could be eligible for additional money in the form of a scholarship to help pay for your fall semester.



The **Veterans History Project** was created by Congress to collect and preserve recorded memories of America's wartime veterans and civilian volunteers,

support staff, and war industry workers. The Project and its many partners across the country, including individual citizens, are working to collect audio and video recorded oral histories, memoirs, letters, diaries, photographs, and other personal documents from those who served in World War I, World War II, and the Korean, Vietnam, and Persian Gulf wars. Join us in preserving America's legacy through firsthand accounts of service. For information about the Project, how to submit a story, or to find out how you can interview a veteran or civilian in your family or community, please visit www.loc.gov/vets or call their message line at 1-888-371-5848.



Participants of last year's Bowling Green Veterans Day parade—left to right: Martha Kenney, Bill Martin, Lt. Col. Dan Bergeron (retired), David Angle, Davy Stone, Carnell Lightfoot, and Alex Aguirre.



STUDENT SPOTLIGHT

VETERANS' LEARNING OPPORTUNITY by Freeman Bridges



I had been laid off from work for two months, when I made my visit to the unemployment office. It was there while waiting to sign up for benefits that I met Martha Kenney, a

representative of the VUB program. She invited me to attend the VUB classes. I was unemployed, idle, and looking for a way to occupy my time. For a long time, I had wanted to improve my computer skills. I had the time to attend the classes while seeking unemployment until what I considered my retirement age.

Martha and I scheduled an appointment for me to take a pre-entry assessment to determine the subject areas that I needed for learning advancement.

The classroom is a self-study learning method for veterans to refresh their education and to restore subject memory losses due to non-use. Instructors are in the classroom to assist and guide veterans in subject skills and refresh subject memories.

I enrolled in the VUB program in 2009. During my enrollment, I have enhanced my knowledge in four subject areas. I am still seeking employment and, as a result of my studies with VUB, I have found the testing by potential employers to be easier and my test scores to be much improved. I have scored higher on my testing, but believe my age and the current economic conditions have hindered my employment attempts.

I advise any veteran to take advantage of the Veterans Upward Bound program, if not for higher education, then for possible employment opportunities or self-gratification.

The program is available for all veterans. I encourage vets to take advantage of this free educational opportunity.

THE TOPPER

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WKU

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Important Numbers and Dates

Department of Employment Services, Bowling Green

Gerry Neely (270) 746-7425 Ext. 104

Schella Smith, VA Certifying Official

(270) 745-3732

Stephanie Gabbard, VA Voc-Rehab, B.G. Office

(270) 846-2092

VA Regional Office, Louisville

(800) 827-1000

VA Regional Office, Nashville, TN

(615) 695-6372

VA Medical Center, Louisville

(502) 895-3401

VA Medical Center, Nashville, TN

(800) 228-4973

Kentucky Center for Veterans Affairs, Louisville

(502) 595-4447

Military Records Branch, Frankfort

(502) 564-4883

Disabled American Veterans, Louisville

(800) 333-1720

Veterans of Foreign Wars, Bowling Green

(270) 781-1872

American Legion, Bowling Green

(270) 781-3574 Veterans Service Officer

Mar 13

Daylight Saving Time Begins

Apr 9

ACT Test Date

May 5

Last Day of VUB Spring Classes

May 6

VUB Awards Banquet

May 6

Registration Deadline for ACT, Jun 11

May 21

Armed Forces Day

May 23

First Day of VUB Summer Classes

May 30

Memorial Day, VUB Closed

Jun 11

ACT Test Date

Jul 4

Independence Day, VUB Closed

Sep 5

Labor Day, VUB Closed

*Please call early for information on test dates. VUB may pay testing fees, but to do so we must have your application at least six weeks prior to the registration postmark deadline.